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KING OF POP PARODY FOILS CHART-TOPPERS

'WEIRD AL' YANKOVIC'S LATEST ALBUM, MANDATORY FUN, NETS THE JOKESTER HIS FIRST-EVER BILLBOARD NO. 1 DEBUT PAGE 13

Fourth man shot in the leg

Ritchie Street. Cops mull possibility of connection

As Staff Sgt. Ken Bryden was exploring Monday the possibility of three leg shootings in the past month being related, the Guns and Gangs Unit he oversees responded to a fourth incident in the city's west end.

It was a brazen daylight shooting of a man believed to be in his 20s in front of a community housing complex on Ritchie Street — a hot spot for gang activity. The call came in just after 3 p.m. and police accompanied the victim to hospital where he is expected to recover.

There was no word of an arrest Monday evening.

Monday's shooting bore some similarities to shootings on June 22, July 1 and July 17, all incidents in which men were shot in either one leg or both legs. In all three cases, the victims did not cooperate with investigators.

It's too early to tell if the shootings, including the one on Monday, are related.

But they are not random and each victim, up until the Ritchie Street shooting, was known to police, Bryden said.

He said gang members are prone to take care of business with weapons rather than words when they traffic guns or drugs.

"Getting the job done or not done — gun violence is a direct result of those. And that is what I believe we're experiencing right now," said Bryden. "These are obviously persons shooting at other persons and sometimes buildings, vehicles, with, I suspect, different motivations. Whether it be to eliminate that target, (or) to send a message to that target because of the criminal activities that they are involved in."

Police tape surrounded part of the complex on Ritchie Street even as children played on the communal pathways behind the row houses. Violence in the community is not new.

Ritchie was the scene of the unsolved homicide of 24-year-old Malik Adjokatcher, who was gunned down on May 14, 2013.

"Is it strictly a gang rival or intimidation type tactic? We're not sure yet," said Bryden.

JOE LOFARO/METRO

Duty Insp. Michel Marin speaks to reporters at the scene of a daytime shooting on Ritchie Street on Monday in which a man suffered a gunshot wound to his leg. JOE LOFARO/METRO

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NEWS 1

Carleton U investigates motorbike GoPro ride

YouTube. Video posted online shows biker pulling wheelies in pedestrian tunnel

Carleton University says it is investigating a video posted to YouTube that shows a motorcyclist treating the campus' underground pedestrian tunnels like a personal racetrack.

The video, posted Saturday to YouTube, runs nearly seven minutes and appears to have been filmed on a GoPro camera. Ottawa police say they are aware of the video and warned the rider could face criminal charges.

At one point, the speedometer records a speed of 84 km/h as the driver accelerates down the narrow pedestrian tunnels.

Carleton spokesman Steven Reid said if the driver is a student, he could face sanctions under the university's code of conduct, which could include suspension of studies, a fine, and up to 35 hours of community service.

Ottawa police Const. Marc Soucy said the behaviour depicted in the video is dangerous.

"Cement is slippery, the driver could fall and seriously injure himself. Also this being a pedestrian walkway, the driver could collide with a pedestrian," he said.

The driver likely wouldn't get a speeding ticket as the Highway Traffic Act doesn't apply to private property, Soucy added.

A criminal charge of dangerous driving might be appropriate, he said.

JOE LOFARO/METRO

Funds are a diamond in the rough

Ottawa Mayor Jim Watson, flanked by Ottawa Champions mascot Homer, votes in the online Kraft Celebration Tour competition on Monday, in the hopes Kraft will award $100,000 to a project to install a baseball diamond for kids with special needs in Orleans. The City of Ottawa has pledged more than $800,000 to the project on the condition that the Miracle League raises matching funds. So far, the league has raised only $210,000. To vote for the project go to kraftcelebrationtour.ca. LUCY SCHOLEY/METRO

One Young World coming to Ottawa in 2016

In two years' time, Ottawa will host the annual international summit, One Young World (OYW).

On Monday, OYW officials announced that the capital won the 2016 bid, beating out fellow finalists Hong Kong, and Kobe, Japan.

Bangkok was chosen to host the 2015 summit.

The not-for-profit OYW was founded in 2009 in the UK with a mandate to bring the world's brightest young minds together to discuss the global issues and initiate positive change.

The summit will welcome up to 1,500 delegates, aged 18 to 30, from over 190 countries.

The announcement comes after news last week that Ottawa will host the Canadian Track and Field Championships in 2017 and 2018.

"I really feel like we're cresting or riding a wave of good news, economic stories in Ottawa," said Jantine Van Kregten, director of communications at Ottawa Tourism, citing the opening of Lansdowne Park, and the city's recent winning bid to host the Association of Municipalities Ontario Conference from 2018 to 2020.

The three-day summit will be held at the Ottawa Convention Centre, with the National Arts Centre hosting the opening ceremony and the Canadian Museum of History hosting the closing ceremony.

The seventh annual OYW summit will take place in Ottawa from Sept. 28 to Oct. 1, 2016. AMY YEE/FOR METRO

'Canada is a new frontier'

Nordstrom hiring managers for Ottawa store

One of the Rideau Centre's most anticipated new retailers, Nordstrom, says it will post hiring notices for 30 management positions on Thursday for its store at Rideau Centre.

The store, the second for the retailer in Canada, will open on Friday, March 6, 2015. Interested applicants are invited to apply for the jobs at careers.nordstrom.com and the firm says hiring will begin in late August 2014. The company says it will hire an additional 350 employees for sales and support roles beginning in January 2015.

"Canada is a new frontier for us and there will be opportunities to grow with the company as we expand and open stores across Canada," said the store manager for Nordstrom Rideau Centre in an email. METRO

Beau's All Natural

Indie rockers to headline Oktoberfest

Joel Plaskett and Tokyo Police Club headline the sixth annual Vankleek Hill Oktoberfest, presented by brewer Beau's All Natural.

The brewer announced the lineup for the Oct. 3-4 event in a news release Monday. Other performers announced include The Emergency, The Rural Alberta Advantage, Radio Radio and Groenland.

Canada's polka king Walter Ostanek is back again this year for daytime entertainment.

Tickets go on sale Aug. 7. More information can be found at beaus.ca. METRO

The Book of Mormon is playing at the National Arts Centre. Is it really a mockery of the faith? COURTESY JOAN MARCUS

The Book of Mormon: For fans of musicals — and South Park wit

Review. If you like the irreverent animated TV show then you'll like this

LUCY SCHOLEY
lucy.scholey@metronews.ca

The open mouths, wide eyes and laughs of disbelief said it all during The Book of Mormon intermission.

But the audience at the National Arts Centre had to expect something shocking from a musical written by South Park creators Matt Stone and Trey Parker.

The story follows two Mormon missionaries who land in Uganda to up the number of baptisms from zero. It's lewd, hilarious and profane — although likely far less offensive to fans of Cartman, Kenny, Stan and Kyle. It features cameos from some famous and infamous real-life and pop culture celebrities.

There are jokes about homosexuality, racism and raping babies to cure AIDS. Jesus himself makes a few appearances — and calls someone a d—.

To some, it's a mockery of the Mormon faith. But I don't think so. Offensive? Actually, not as bad as I expected.

(Disclaimer: I am not religious. And Stone and Parker's Team America: World Police is one of my top 10 favourite films of all time.)

The Book of Mormon's two main characters, elders Kevin Price and Arnold Cunningham, are devout, naive and loveable. A Mormon recently told me he believes Stone and Parker have a "soft spot" for people of his faith — despite South Park's occasional stab at the denomination — and a touch of that comes across in this play.

In an interview with culture blog Vulture, Stone and Parker have even said their play is more like an "atheist love letter to religion."

The Book of Mormon has everything musical lovers want — catchy songs and upbeat dance numbers — yet it's wonderfully over-the-top in a way that also satirizes the Broadway genre.

It has the ability to make audience members feel collectively awkward, but then have them laughing at the next song. It's now on my list of top musicals.

The Book of Mormon runs until July 27.

Thousand Islands park. Setting blaze to small area is said to help trees persist

A small area on the Thousand Islands National Park will be set ablaze this week to help protect rare fire-dependent species, Parks Canada said Monday.

A 16-member team will descend Tuesday afternoon on Camelot Island to set fire to an area of just over one hectare that is home to about 50 pitch pine trees.

"They (the trees) need fires from time to time, so that they can persist," said Parks Supt. Jeff Leggo.

Fires will help them regenerate, clear away the organic layer and open the canopy, giving more light for seedlings to grow, he said. THE CANADIAN PRESS

Caterpillar bandit. Police search for stolen vehicle

Gatineau Police are still searching for a stolen Caterpillar front-end loader.

Police believe it's still in the Gatineau area, particularly between the intersections of boulevards du Casino and de la Carrière and rue Jean-Proulx et du boulevard St-Joseph.

They believe someone made off with the vehicle down Highway 50 and then Highway 5, before taking the boulevard St-Raymond/boulevard du Casino exit. LUCY SCHOLEY/METRO

Caterpillar loader POLICE HANDOUT

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Michigan

Black-and-white is the new orange

A Michigan sheriff says he's trading orange jumpsuits for black-and-white stripes for his jail inmates, in part due to pop culture.

Saginaw County Sheriff William Federspiel says that all-orange jumpsuits are increasingly viewed as fashionable, as they're seen on TV in places such as the Netflix prison show Orange Is the New Black.

Federspiel says "some people think it's cool to look like an inmate of the Saginaw County Jail with wearing all orange jumpsuits out at the mall or in public." He says inmates sometimes work in public, and he doesn't want there to be any confusion.

THE ASSOCIATED PRESS

Inmates at the Saginaw County Jail wear their new jumpsuits Friday. SAGINAW NEWS/THE ASSOCIATED PRESS

Quebec

Montreal-area mayor dies after wasp attack

The mayor of a Montreal-area community has died after being stung by wasps.

Municipal authorities in La Prairie say Mayor Lucie F. Roussel passed away in hospital on Sunday.

A spokeswoman for the town said Roussel, 51, was not allergic to wasp stings.

"She was stung on several parts of her legs — about 15 times, from what we think," Chantal Charron said Monday.

"She was overcome by the number of stings. When the ambulance technicians arrived, they tried to give her (an adrenalin injection) but they couldn't save her."

Jean Bergeron, the town's director-general, said he was in a "state of shock."

"Losing someone in such a way is difficult," he said. "It's traumatic."

Flags on municipal buildings in La Prairie, just south of Montreal, flew at half-mast on Monday.

THE CANADIAN PRESS

Suspect called 'baby killer' as Saunders hearing begins

Halifax. Father of slain woman says accused should face charges of 'double murder' since daughter was pregnant

The father of Halifax murder victim Loretta Saunders says the Canadian justice system should recognize his daughter was pregnant at the time of her murder and be able to lay charges in the baby's death as well.

Loretta was in the first trimester of her pregnancy when she was murdered Feb. 13. Her body was discovered two weeks later on the Trans-Canada Highway in Moncton.

"It's a human being, a living human being, and I think the courts should recognize this," Clayton Saunders told reporters outside provincial court on Monday, the first day of the preliminary inquiry. "They should be charged with a double murder … because she was going to have a baby."

Blake Leggette, 26, and his girlfriend Victoria Henneberry, 28, are charged with first-degree murder. They were subletting an apartment from Loretta and apparently owed her money.

Leggette appeared in court with a closely shaved head and short chin beard. During the first witnesses testimony, he mostly looked straight ahead without showing emotion. At one point he held his head in his hands.

Henneberry also mostly sat looking straight ahead, but at one point tucked her knee up to her chest and cradled her face in her arms.

"Baby killer" was shouted at Leggette as he was taken into the courthouse. Sobs could be heard from the people in the gallery and several people left the courtroom during the witness's testimony.

"I'm not in court," said Clayton Saunders. "I don't think I'll be able to handle it because the people coming out are saying it's really hard."

Family members of Loretta Saunders leave the courtroom during the first day of a preliminary hearing at Halifax Provincial Court. JEFF HARPER/METRO IN HALIFAX

The Crown is prepared to call 15 witnesses to the stand, including police officers and Loretta's mother, brother and sister.

"We have a realistic prospect of conviction and we intend on prosecuting these individuals with the evidence we have," said Crown attorney Christine Driscoll. "At any point, if defence has anything they want to bring and talk to us, we're always open to discuss with them."

The court has set aside 4-1/2 days for the trial, with an additional day booked on Aug. 1.

DESIREE FINHERT/FOR METRO IN HALIFAX

'Illegitimate expenses.' RCMP say Duffy used tax money for personal travel

The RCMP has provided fresh details of its 31 fraud charges against Sen. Mike Duffy, accusing him of charging taxpayers for personal travel to funerals and providing payments for "illegitimate expenses" to four people.

A new court filing alleges "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

Duffy is accused of fraudulently awarding a $65,000 contract to his longtime friend Gerald Donohue. The RCMP allege that Donohue, in turn, paid some of that money to three other people, including a personal trainer.

Donohue has already told investigators that he did "no tangible work" for the money, the RCMP has said.

The court documents allege that Duffy filed eight separate expense claims that the RCMP says involved personal or partisan travel. The claims were filed from June 2009 to September 2012.

The RCMP announced last week that it was charging Duffy with 31 criminal counts related to his expense claims, accusing him of misspending more than $200,000.

Mike Duffy FRED CHARTRAND/THE CANADIAN PRESS FILE

The charges stem from the disgraced senator's housing and travel expenses, and a $90,000 payment from Nigel Wright, the former chief of staff to Prime Minister Stephen Harper.

Duffy has denied any criminal wrongdoing. He could not be immediately reached for comment today on the new documents.

The Conservative-appointed senator will appear in court on Sept. 16. THE CANADIAN PRESS

Drawing to draw attention to ban on drawing gay blood

Sean MacIssac finishes up a section of a chalk protest at the Halifax Public Library on Monday, against Canadian Blood Services' regulations for gay male donors. MacIsaac says knowing he would have to abstain from having sex with other men for five years before donating blood is a "belittling" reality. "With all these people that do need blood, and there's an entire population that's told that they can't do it, it's really frustrating to know that," he said. The protest was part of an education initiative held by the Nova Scotia arm of the Canadian Federation of Students. JEFF HARPER/METRO IN HALIFAX

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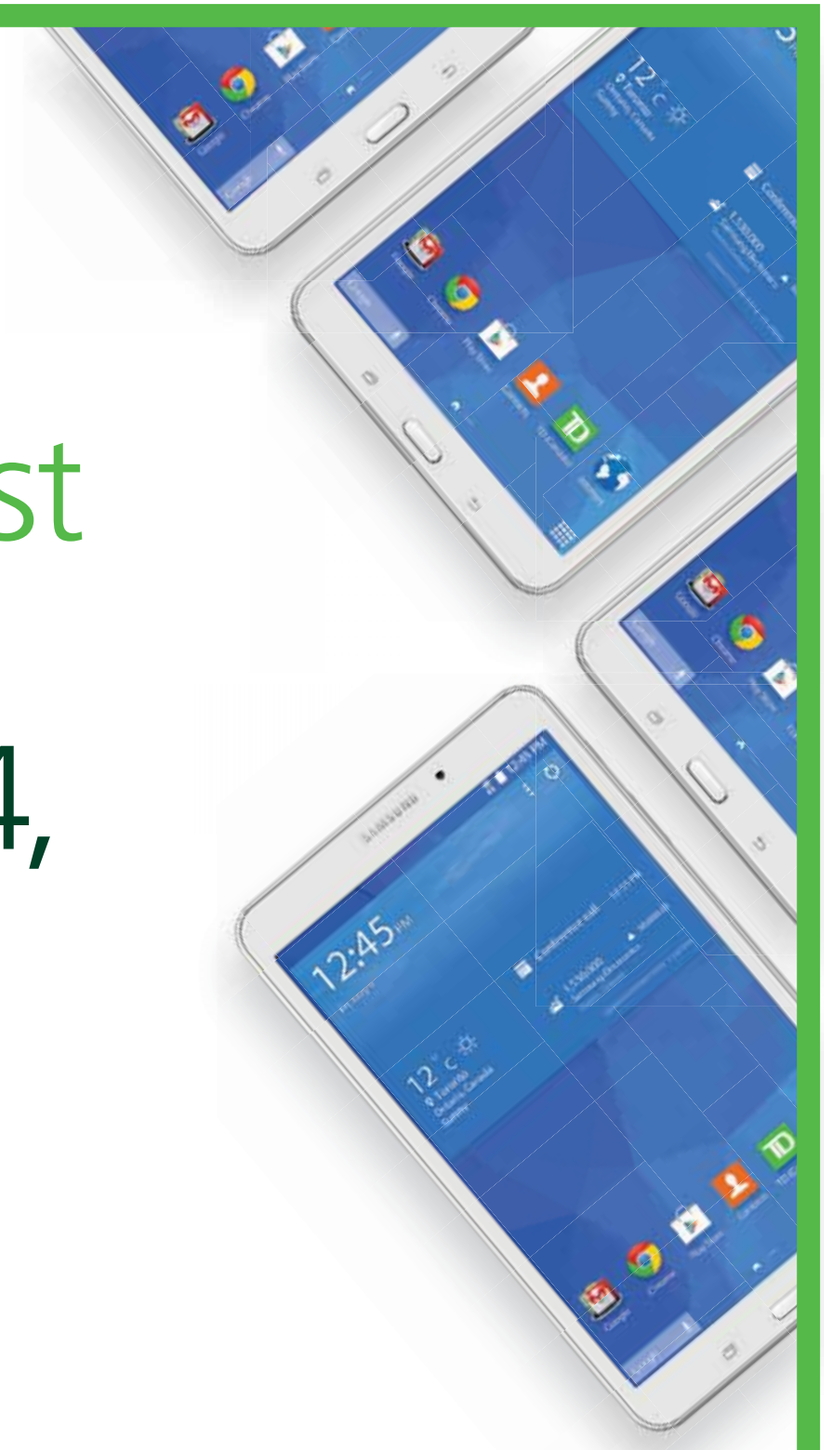

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Rebels cave to pressure and release plane-crash bodies

International outcry. Anger in West mounts at rebels and presumed allies in Moscow

Bowing to international pressure, pro-Moscow separatists released a train packed with bodies and handed over the black boxes from the downed Malaysia Airlines plane, four days after it plunged into rebel-held eastern Ukraine.

With body parts decaying in sweltering heat and signs that evidence at the crash site was mishandled, anger in Western capitals has mounted at the rebels and their allies in Moscow. Their reluctant co-operation will soothe mourning families and help investigators, but may do little to reconcile the East-West powers struggling over Ukraine's future.

Russia's Defence Ministry said Monday it saw no evidence a missile was fired and denied involvement in the downing of Flight 17 — and suggested the Ukrainian military was at fault. President Vladimir Putin spoke out but showed no sign of abandoning the separatists as fighting flared anew near the site of the crash.

U. S. President Barack Obama accused the rebels of tampering with evidence and insulting victims' families, warning of new sanctions. Europeans will consider their own sanctions Tuesday.

The bodies of the 298 victims, most from the Netherlands, have become a part of the conflict in Ukraine because they could hold evidence of what brought the plane down on July 17 as it was flying from Amsterdam to Kuala Lumpur.

Grief turned to anger as families begged to get the bodies of their loved ones back, while the separatists held on to the remains.

"Bodies are just lying there for three days in the hot sun. There are people who have this on their conscience," said Silene Fredriksz-Hoogzand, whose son, Bryce, and his girlfriend Daisy Oehlers died on their way to a vacation in Bali, in an interview with The Associated Press in the Netherlands. "When I am in my bed at night, I see my son lying on the ground ... They have to come home, not only those two. Everybody has to come home." THE ASSOCIATED PRESS

Deputy head of the OSCE mission to Ukraine Alexander Hug, background centre, accompanied by members of Netherlands' National Forensic Investigations Team guarded by armed pro-Russian fighters, walk on the platform Monday as a refrigerated train loaded with bodies of the passengers departs the station in Torez, eastern Ukraine, 15 kilometres from the crash site of Malaysia Airlines Flight 17. EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Quoted

"The Kremlin may not have pulled the trigger but it certainly loaded the gun and ... put it in the murderer's hand. Russia is not fooling anyone."

Foreign Affairs Minister John Baird, announcing Canada's intention to slap sanctions over Russia's continuing military actions against Ukraine. Russia has denied any involvement in the downing of MH17 and Russian President Vladimir Putin has said the disaster should not be used to further political goals in eastern Ukraine. But Baird said no one believes what Russia has to say about the incident, and that Putin bears ultimate responsibility.

Gynecologist filmed pelvic exams, Johns Hopkins to pay out $190M

Johns Hopkins Health System in Baltimore will pay $190 million to more than 8,000 women whose bodies may have been videotaped or photographed by a Baltimore gynecologist who used a pen-like camera during pelvic exams.

Dr. Nikita Levy was fired in February 2013, days after a co-worker alerted hospital authorities about her suspicions and he was forced to turn over the camera. He committed suicide 10 days later.

Investigators discovered roughly 1,200 videos and 140 images stored on a series of servers in his home.

"All of these women were brutalized by this," said the women's lead attorney, Jonathan Schochor.

"Some of these women needed counselling, they were sleepless, they were dysfunctional in the workplace, they were dysfunctional at home, they were dysfunctional with their mates. This breach of trust, this betrayal — this is how they felt."

The settlement is one of the largest settlements on record in the U.S. involving sexual misconduct by a physician, and all but closes a case that never produced criminal charges but threatened the reputation of one of the world's leading medical institutions.

Lawyers said thousands of women were traumatized, even though their faces were not visible in the images and it could not be established with certainty which patients were recorded or how many.

Johns Hopkins said insurance will cover the settlement, which "properly balances the concerns of thousands of plaintiffs with obligations the Health System has to provide ongoing and superior care to the community."

"It is our hope that this settlement — and findings by law enforcement that images were not shared — helps those affected achieve a measure of closure," the hospital statement said, adding that "one individual does not define Johns Hopkins."

Hospital authorities called Baltimore police just before Levy's firing. Police and federal investigators said they found no evidence he shared the material with others.

A class-action lawsuit on behalf of more than 8,000 of his patients who contacted lawyers was brought against Johns Hopkins last fall, alleging the hospital should have known what he was up to. THE ASSOCIATED PRESS

This photo taken July 8, 2014, shows the East Baltimore Medical Center, a community practice affiliated with Johns Hopkins Hospital, in Baltimore. THE ASSOCIATED PRESS

Truce elusive. Israel, Hamas stick to positions and fighting intensifies

The top Hamas leader in the Gaza Strip signalled Monday that the Islamic militant group will not agree to an unconditional ceasefire with Israel, while Israel's defence minister pledged to keep fighting "as long as necessary" — raising new doubt about the highest-level mediation mission in two weeks.

U.N. chief Ban Ki-moon and U.S. Secretary of State John Kerry were heading to Cairo on Monday to try to end the deadliest conflict between Israel and Gaza's Hamas rulers in just over five years.

Meanwhile, cross-border fighting continued unabated, with Israeli strikes leaving entire families buried under rubble and Hamas militants firing more than 50 rockets and trying to sneak into Israel through two tunnels, the latest in a series of such attempts. THE ASSOCIATED PRESS

Florida town shocked

Police officers tied to KKK: Report

Residents of Fruitland Park, Fla., are stunned by an investigative report linking two city police officers with the Ku Klux Klan, the secret hate society that once was violently active in the area.

Violence against African-Americans permeated the area more than 60 years ago, when the place was more rural and the main industry was citrus.

These days, the town of fewer than 5,000 residents has been infused by thousands of wealthier, more cosmopolitan retirees.

Those who live in the community, which is less than 10 per cent black, have reacted with shock and disgust, the mayor said. THE ASSOCIATED PRESS

Shark! There's big money in the water after sightings in Cape Cod

Duuun dun duuun dun dun dun. Spotting of great white sharks means entrepreneurs are making a killing on shark-related merch

A tourist examines shark-themed clothing at the Chatham Clothing Bar in Chatham, Mass. STEVEN SENNE/THE ASSOCIATED PRESS FILE

Its reputation as a man-eating predator aside, the great white shark is emerging as a boon for tourism on Cape Cod, the Massachusetts peninsula popular among beach combers. Unlike the classic thriller Jaws, in which one of the animals terrorizes a small island, the sharks that have been spotted in growing numbers are stirring more curiosity than fear — and a buying frenzy for shark-related merchandise.

Shark T-shirts are everywhere. Jaws has been playing in local movie theatres and boats are taking more tourists out to see the huge seal population that keeps the sharks coming. Harbourmasters have issued warnings but — unlike the sharks in the movies — the great whites generally are not seen as a threat to swimmers.

Among the entrepreneurs is Justin Labdon, owner of the Cape Cod Beach Chair Company, which began selling shark-themed T-shirts after customers who were renting paddle boards and kayaks began asking whether it was safe to go to sea.

The T-shirts, hoodies, hats, belts, dog collars and other accessories bear the iconic, torpedo-shaped image of great whites. They sell for between $10 and $45 US.

A study released last month by scientists at the National Oceanic and Atmospheric Administration found the number of great white sharks off the Eastern U.S. and Canada is surging after decades of decline. Conservation efforts and the greater availability of prey such as Massachusetts' seals are credited with the reversal.

THE ASSOCIATED PRESS

Report. Supplier in China sold McD's, KFC expired meat

McDonald's and KFC in China faced a new food safety scare Monday after a Shanghai television station reported a supplier had sold them expired beef and chicken.

The companies said they immediately stopped using meat from the supplier, Husi Food Co., Ltd. The Shanghai office of China's food and drug agency said it was investigating and told customers to suspend use of the supplier's products.

Dragon TV said Sunday that Husi, owned by OSI Group of Aurora, Illinois, repackaged old beef and chicken and put new expiration dates on the products. It said they were sold to McDonald's, KFC and Pizza Hut restaurants.

The report added to a series of food safety scares in China that have battered public confidence in dairies, fast food outlets and other suppliers.

THE ASSOCIATED PRESS

Staycations on rise: Survey

A new survey says nearly one quarter of Canadians won't be travelling this summer, with budget concerns keeping them close to home.

The survey by digital offers website RetailMeNot.ca says the high price of gas and accommodations are the top reasons for keeping 23 per cent of Canadians at home, followed by high air fares.

Just seven per cent say they'll be travelling overseas this summer.

And 28 per cent plan to limit their spending on summer travel and transportation to $100 or less.

But the survey found that Canadians will spend $100 to $300 on alcohol during their summer holiday, while 60 per cent will spend under $200 on food.

Canadians do appear to like camping, regardless of how much money they make, with 40 per cent of those with an income of $100,000 a year or more saying they are heading to the woods this summer.

Just 16 per cent of consumers are using coupon sites to save money on things like rental cars, hotels or airfare, according to the survey.

THE CANADIAN PRESS

Lounging in the backyard is as good as going to Paris, right? GETTY IMAGES

Montreal

Some Jacob stores may live on

Insolvent womenswear retailer Jacob Inc. has been given another month to develop a restructuring plan that could keep some of its stores open.

"All the details regarding the number and location of stores that will remain open are still being discussed so I am unable to provide more details at the moment," a spokeswoman said via email. THE CANADIAN PRESS

Follows Vancouver's lead

New Orleans to recycle discarded cigarette butts

In New Orleans, discarded butts are being turned into something useful.

The first of 50 cigarette butt recycling receptacles was installed Monday. Developers of the program say New Orleans is the first U.S. city to participate in a large-scale recycling effort launched in Vancouver last year. THE ASSOCIATED PRESS

Market Minute

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SHOULD YOUR FIRST DATE BE YOUR LAST?

SHE SAYS

Jessica Napier
metronews.ca

First dates are always nerve-wracking; they have all the anxiety of a big job interview but with a lot more sexual tension. It's exhausting just thinking about all of the effort involved when it comes to finding someone to go out with you, pick an appropriate venue, decide on a nice outfit that isn't trying too hard, and — perhaps the biggest challenge of all — figure out how to carry a conversation with a complete stranger.

George Moufarrej, a leading relationship expert and author of the book Sexual Euphoria, says most of us know what not to say on a first date, but coming up with a variety of suitable talking points is a bit of a challenge.

We all know what topics are off limits — your crazy ex, overbearing mother, irritating foot fungus — but what's the best way to fill the conversational void and avoid those excruciatingly awkward silences?

The best way to get to know someone on a first date is to talk about things that you know a lot about, says Moufarrej. "There's a big chance that your date might have the same interests or hobbies as you. Your goal should be to make a connection with your date on at least one topic."

But while bonding over a mutual love of long-distance running or ramen noodles might keep the dinner dialogue moving along, it's not necessarily going to help you figure out if your date is someone worth pursuing after the cheque arrives. How do you decide if he or she is just a good friend, a fun fling or a potential soul mate?

Moufarrej says there are three thought-provoking questions everyone should ask on a first meeting, in order to assess romantic compatibility and determine whether there should be a second date.

What sort of relationship are you looking for? You probably shouldn't discuss how many children you want over appetizers, but it is important to clarify your relationship expectations right away in order to avoid disappointment down the road. If your dinner date is interested in hooking up, and you're hoping to find a monogamous mate for a long-term commitment, then clearly you aren't an ideal match.

What qualities do you look for in a significant other? Are you searching for a feisty, independent partner who challenges you, or do you need a nurturing companion who offers unwavering support? Asking your date about what characteristics he or she likes and dislikes in a partner will help gain some insight into the type of person they're looking for and whether or not you're the right fit.

What are your goals in life right now? Asking about short- and long-term goals can help you get to know your date on a deeper level and potentially uncover some shared interests and priorities (or some major red flags). Find out about his or her aspirations for the future and consider whether those align with your own ambitions.

BY ALL GREENS NECESSARY

Engineer Daniel Schubert holds lettuce at the German Aerospace Center on Monday in Bremen, Germany.
DAVID HECKER/GETTY IMAGES

Recycled urine could lettuce grow food on Mars

Astronauts on the moon and Mars could soon have fresh food to eat, thanks to a radical new space greenhouse.

German researchers are testing the system, which uses recycled urine to manufacture fertilizer.

The system is being developed at the German Aerospace Center in Bremen, and is called EDEN (Evolution & Design of Environmentally-closed Nutrition sources).

Funded by the European space Agency, the greenhouses will contain combined life-support systems which use recycled urine to manufacture fertilizer, helping to grow vegetables for a lunar and Mars environment.

This research initiative focuses on bioregenerative life support systems, especially greenhouse modules and technologies for future human habitats in remote locations in space (the Moon, Mars) and on Earth (Antarctica), the team say.

"Naturally, space travel is interesting in itself, but it is equally important for us to be involved in this project in order to demonstrate that our technology is the light system of choice for plant science research," said Christopher Steele of Heliospectra, which manufactures the LED lights in the system. DAILYMAIL.CO.UK

This plant is my only pal

"It will also enable us to study the psychological influence of plants on human isolation."

DLR research engineer Lucie Poulet, whose team will test a greenhouse module at the Neumayer Station III in Antarctica, where the winter team stays in total isolation for nine months in a row in a hostile environment in 2016/2017

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In this issue, you can find AR enhancements on page 13 in Scene and page 18 in Sports.

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metro AR

MetroTube

Why can't the future be like this?

ANDREW FIFIELD
andrew.fifield@metronews.ca

Internet advertising. The worst, right? Auto-playing videos. Wildly varying volumes. Weeks-long relationships with creepily intimate sidebar ads. But the bills must be paid, so the ads aren't going anywhere.

But the experience doesn't have to be so grating, and we once again turn our eyes to Japan to teach us what's possible. Granted, this chewing gum commercial wasn't designed for the web, but isn't the model there? Utterly bizarre, a little frantic and short enough to be an Instagram post. Oh, yeah... there's a cat, too. In a just world, this would be the future. (Lotte/YouTube)

SCREENGRAB

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OTTAWA
CHAMBERFEST
Tuesday, July 22, 2014

The National Youth Orchestra of Canada performs at Ottawa Chamberfest. DOM PROULX PHOTOGRAPHY

It's about 'equals coming together'

Classical performance. Ottawa hosts one of the largest music festivals of its kind

JEN TRAPLIN
For Metro

For the last 20 years, the Ottawa International Chamber Music Festival has presented performances by some of the biggest names in solo and ensemble music and, today, it is the largest festival of its kind in the world.

Part of that success, says Ottawa Chamber Music Society (OCMS) artistic director Roman Borys, can be attributed to the fact that the festival is based in Ottawa.

"I think that Ottawa, in the summer, is a great festival town. Like with successful businesses, location, location, location," he says.

Beyond that, Borys believes there is something about the fact that chamber music is an effort of equals that appeals particularly to the people of Ottawa. "It's a wonderfully intimate and incredibly dynamic experience. It's like going to the gallery, just that the painting is moving."

Quoted

"It's not about a soloist standing in front of an orchestra, and then a bunch of underlings. Chamber music is about equals coming together. Chamber groups are like leaderless teams."

Artistic Director Roman Borys, Ottawa Chamber Music Society (OCMS)

Borys also believes, no matter what age you are, classical music can be an accessible and inviting genre.

"The great thing about chamber music is there is a place there for people who know what's happening, but the experience can also be immediately very rich for people who have never gone before," he said.

"Once the music starts, there's no question what is going on, on stage, and what you really need to be paying attention to. Before you know it, you're completely lost in the music."

Ottawa Chamberfest runs July 24 to Aug. 7 and features more than 100 performances and events.

Tickets

- $79 for a three-day, general admission pass
- $99 for a six-day, general admission pass
- $199 for a full-festival, general admission pass
- Individual concert tickets and Festival Gala tickets are sold separately. Go to chamberfest.com/tickets.

A Far Cry. CONTRIBUTED

Behind the galas

Every year, the Ottawa International Chamber Music Society (OCMS) hosts four fundraising concerts during Ottawa Chamberfest, the Festival Gala series, a major money earner for the OCMS.

Ottawa Chamberfest's first gala, this year, features a group that bills itself as a new generation in classical music, Boston-based chamber orchestra A Far Cry, performing in Ottawa for the first time.

Along with guest soloists James Parker (piano) and Annalee Patipatanakoon (violin), A Far Cry will perform Dvorák's Three Slavonic Dances, Mendelssohn's Concerto for piano, violin, and string orchestra in D minor and Britten's Variations on a Theme of Frank Bridge.

JEN TRAPLIN/FOR METRO

Workshops. A festival for amateurs, too

One of the highlights of the Ottawa Chamber Music Society's Music For All summer initiatives is the Amateur Chamber Ensemble (ACE) workshop during Ottawa Chamberfest, a unique learning experience for committed amateur musicians.

"The Amateur Chamber Ensemble workshop is a program for adult, amateur musicians. They apply, pay a tuition, and come and take coaching lessons in chamber music from visiting guest artists at the festival," says Colin McFarland, OCMS education and community engagement coordinator.

"That's just one example of how we're engaging with, not just professional musicians or musicians who are going into university and aspiring to be concert performers, but adult amateurs in our community, who love making chamber music and desire unique experiences to work with professional chamber musicians."

The accomplished ensemble, Gryphon Trio, is made up of cellist Roman Borys and violinist Annalee Patipatanakoon (who are husband and wife) and pianist Jamie Parker. The threesome met as music students in Banff, Alta.

RICK EGLINTON/TORSTAR NEWS SERVICE

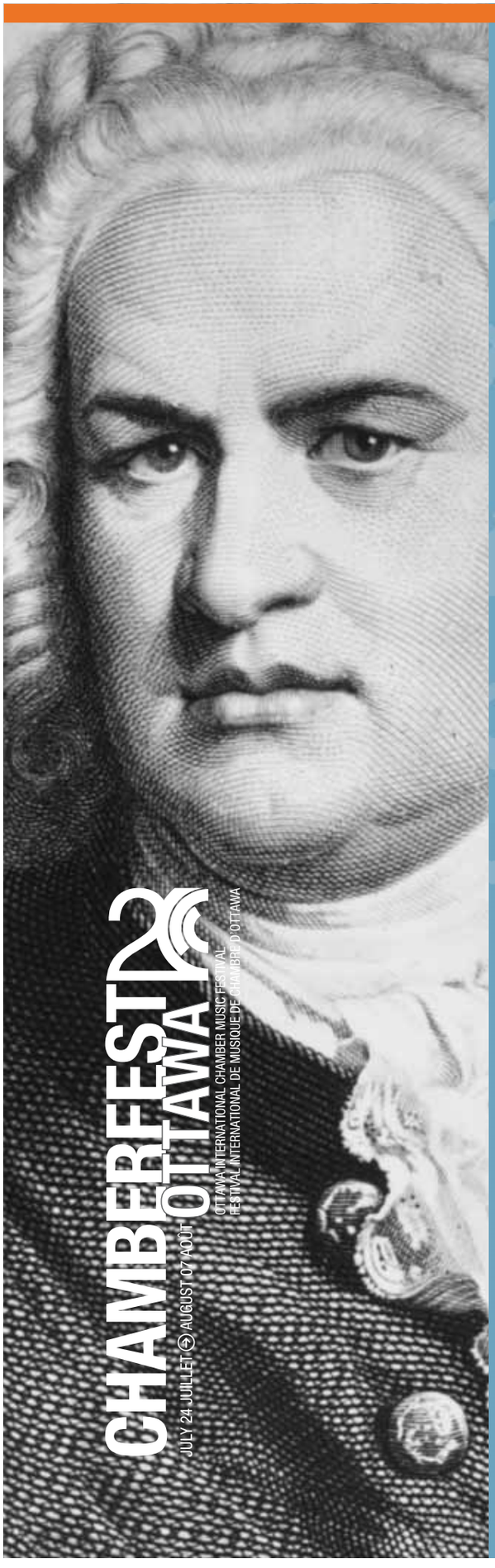
There are two workshops this year featuring coaches Annalee Patipatanakoon (violin) and James Parker (piano) of the Juno Award winning classical music ensemble the Gryphon Trio. The Trio has received two Junos for Classical Album of the Year for its 2004 album Canadian Premieres, and 2011's Beethoven: Piano Trios, Op. 70, No. 1, Ghost; Op. 11.

The cost of each six-day workshop is $300 per participant. The tuition fee covers daily use of ensemble rehearsal space at the University of Ottawa, five 60-minute sessions with coaches and guest coaches, a public masterclass with a guest coach, and a general admission, full-festival pass for Ottawa Chamberfest.

That means, when the learning day is done, participants have the opportunity to take in the more than 100 performances and events happening all over Canada's capital for two straight weeks, during the biggest chamber music festival in the world.

The deadline to apply for this year's ACE workshops has already passed, but McFarland says it's never too early to start planning for next summer.

JEN TRAPLIN/FOR METRO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MANU COMTÉ

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SCHEDULE. PLEASE VISIT OUR WEBSITE FOR VENUES AND TICKET PRICES.

THU 24 JULY
07:00 PM - Opening Night with Brentano String Quartet
10:00 PM - Tom Allen's "From Weimar to Vaudeville"

FRI 25 JULY
12:00 PM - Chamberfest at City Hall
12:00 PM - Latitude 41
02:00 PM - Bring the Kids: Chris McKhool's FiddleFire!
05:45 PM - Siskind Snapshots
07:00 PM - GALA: A Far Cry
10:00 PM - Don Byron Quintet with Divine Brown

SAT 26 JULY
12:00 PM - The Toronto Consort: Shakespeare's Songbook
01:00 PM - Alfresco Concerts I
02:00 PM - Rising Stars
03:00 PM - Alfresco Concerts II
03:00 PM - Shostakovich's Hamlet
05:45 PM - Siskind Snapshots
07:00 PM - Soledad with Manu Comté
10:00 PM - Pilar and the Sicilian Jazz Project

SUN 27 JULY
11:00 AM - G'froerer and Gott
01:00 PM - Alfresco Concerts III
03:00 PM - Alfresco Concerts IV
03:00 PM - Hinrich Alpers and Friends
05:45 PM - Siskind Snapshots
07:00 PM - Generation Next
10:00 PM - collectif9

MON 28 JULY
10:00 AM - Chamber Chats
12:00 PM - Rosebud Chamber Players
03:00 PM - Cecilia String Quartet with James Campbell
05:45 PM - Siskind Snapshots
07:00 PM - En blanc et noir: A WWI Piano Commemorative
10:00 PM - Beowulf

TUE 29 JULY
10:00 AM - Chamber Chats
12:00 PM - Trio Alba
02:00 PM - Bring the Kids: Banners/Flags Craft Workshop
03:00 PM - Dreamscape in Four Courses
05:45 PM - Siskind Snapshots
07:00 PM - GALA: Sondra Radvanovsky in Recital
10:00 PM - The Campbell/Afiara Project

WED 30 JULY
10:00 AM - Chamber Chats
12:00 PM - Mozart at Noon
02:00 PM - Bring the Kids: Meet Mr. Mozart
03:00 PM - WMIG: Appalachian Spring
05:45 PM - Siskind Snapshots
07:00 PM - Chamberfest @20: An Anniversary Celebration

THU 31 JULY
10:00 AM - Chamber Chats
12:00 PM - Vanitas Vanitatum: Rome 1650
02:00 PM - Bring the Kids: Rambunctious!
03:00 PM - Mahler, Martinu, and Brahms
05:45 PM - Siskind Snapshots
06:45 PM - NYO Pre-Concert Performance
07:00 PM - Miró Quartet with Jon Kimura Parker
08:00 PM - National Youth Orchestra of Canada
10:00 PM - From Dawn 'til Dusk

FRI 01 AUGUST
10:00 AM - Chamber Chats
12:00 PM - Haydn Contrasts
03:00 PM - Lafayette String Quartet
05:45 PM - Siskind Snapshots
07:00 PM - GALA: An Evening with Janina Fialkowska
10:00 PM - Sounds from Space

SAT 02 AUGUST
10:00 AM - Chamber Chats
12:00 PM - I Am in Need of Music
03:00 PM - The Chooi Brothers
05:45 PM - Siskind Snapshots
07:00 PM - Tiempo Libre
07:00 PM - Lemon Bucket Orkestra Animates the Capital
10:00 PM - Anahtar: Shades of Istanbul

SUN 03 AUGUST 03
11:00 AM - Canadian Guitar Quartet
03:00 PM - Dover Quartet
05:45 PM - Siskind Snapshots
07:00 PM - WMIG: Beethoven's String Quartet No. 16 Op. 135
10:00 PM - Luminico

MON 04 AUGUST
10:00 AM - Chamber Chats
12:00 PM - New Music Now I
01:30 PM - New Music Now II
03:00 PM - New Music Now III
05:45 PM - Siskind Snapshots
07:00 PM - The Brodsky Quartet
10:00 PM - La Vuta: Violin beyond the Pale

TUE 05 AUGUST
10:00 AM - Chamber Chats
12:00 PM - New Music Now IV
01:30 PM - New Music Now V
03:00 PM - New Music Now VI
05:45 PM - Siskind Snapshots
07:00 PM - GALA: Il Trionfo del Tempo
10:00 PM - Shuffle

WED 06 AUGUST
10:00 AM - The Bach Summit I
11:35 AM - Bach Bits and Bites
12:00 PM - The Bach Summit II
03:00 PM - WMIG: Bach's Second Brandenburg Concerto
05:45 PM - Siskind Snapshots
07:00 PM - Gryphon Trio in Concert
10:00 PM - Primadonna Does Shakespeare

THU 07 AUGUST
10:00 AM - The Bach Summit III
11:35 AM - Bach Bits and Bites
12:00 PM - The Bach Summit IV
03:00 PM - Cheng² Duo: Around the World
07:00 PM - Closing Night: The Brandenburg Concertos

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Marching to everyone's beat

Connecting to the community. Chamberfest offers music for the entire family, including kids' workshops and open-air concerts for parents

JEN TRAPLIN
For Metro

As part of its arts education and outreach initiative, Music for All, the Ottawa Chamber Music Society (OCMS) offers a number of unique (and mostly free) experiences for all ages throughout Ottawa Chamberfest.

"We have made many connections in the community over the years and we're also making new ones with like-minded organizations that are interested in the transformative power of music, of the arts, its importance to social harmony, and community development," said Colin McFarland, OCMS education and community engagement co-ordinator.

"Those events can look like a whole lot of different things."

For young music fans, there's Bring the Kids, a series of free family programming where Chamberfest artists offer performances for children and families that are typically centered around teaching the skills of chamber music — like teamwork — while also introducing them to the art form.

Meet Mr. Mozart, for example, uses fun techniques to teach Mozart's motifs to kids. There is also a craft workshop where kids can create banners and flags for a musical walking tour through the ByWard Market, and a horn workshop run by trumpeter and bandleader Michael Louis Johnson.

For those looking to enjoy a little music in the open air, there's Alfresco Concerts, a number of free outdoor shows at the National Gallery of Canada's amphitheatre. Performers this year include Canadian jazz masters Michael Occhipinti and John Greggie, Italian singer-songwriter Pilar, instrumental group Sultans of String and nine-piece string ensemble Collectif9.

On Aug. 4, the Civic Holiday — in addition to the regular Ottawa Chamberfest programming — the OCMS offers free performances that take place around town, often presented outdoors at some of the city's most well-known tourist attractions.

Bring the Kids series offers free events that teach children the skills used in chamber music. HANHONG DAN PHOTOGRAPHY

Afiara String Quartet was part of the Artist-in-Residence program this past year. CONTRIBUTED

Artist-in-Residence. Program brings chamber music to the masses year round

While the Ottawa Chamber Music Society (OCMS) maintains a busy summer schedule including, of course, Ottawa Chamberfest, the OCMS is still very active during the fall, winter and spring.

"You can think of our year being broken up into two chunks," explains OCMS education and community engagement co-ordinator Colin McFarland.

"One is the summer season, everything that has to do with Ottawa Chamberfest, and we also run a concert series, beginning in October and ending in May."

McFarland points to the Artist-in-Residence program, which, the OCMS says, places musical experiences at the centre of daily life.

"The concept is that we bring in a master of some art form to come in and take part. We bring in an artist, and they coach and perform and engage with the different community stakeholders that we have. This past year, our Artist-in-Residence was the Afiara String Quartet," says McFarland.

The Toronto-based ensemble came to Ottawa and participated in master classes, coaching, and mentorship.

JEN TRAPLIN/FOR METRO

The Cecilia String Quartet. CONTRIBUTED

Music for the immobile

For the last eight years, a Canadian-registered charity has been providing entertainment for people living in health-care facilities, particularly seniors with limited mobility, through an initiative called Concerts in Care.

Founded in British Columbia in 2006, the Health Arts Society regularly schedules concerts in long-term care facilities.

The society says, because most public health authorities don't have mandated standards or budgets for providing quality-of-life programs for people living in those types of facilities, many residents are unable to access live music or theatre.

Fuelled by the notion that people in care are often in desperate need of cultural enrichment, the Health Arts Society has delivered over 2,500 performances in long-term care facilities since its inception. The Cecilia String Quartet will perform the Concerts in Care again this year. JEN TRAPLIN/FOR METRO

Weird Al is Mandatory Fun of the moment

Parody album debuts at No. 1. Comedian conquers the charts with eight music videos in eight days

Attention pop stars: If "Weird Al" Yankovic shows up at your concert or has tracked down your personal email address, you're likely his next parody conquest.

Such was the case for artists like Pharrell and Iggy Azalea, who are covered by Yankovic in his latest album, Mandatory Fun.

For his 14th studio effort, released last week, Yankovic had his heart set on Williams' No. 1 smash Happy. When he didn't hear back from Pharrell's camp, he decided to go straight to the source.

"I somehow got Pharrell's home email address — I won't say how — and I emailed him and asked if I could do the parody," recalled the 54-year-old comedian. "He couldn't have been nicer and he said he was honoured to have me do the parody."

Sometimes a face-to-face plea was necessary. Yankovic flew to Denver and waited backstage at Azalea's concert to get permission to use her summer hit Fancy.

"I talked to her as she was literally walking offstage. I introduced myself, 'Hi. I'm Weird Al Yankovic and I would love to do a parody of Fancy," he said. "The next morning I was in the studio recording."

"Weird Al" Yankovic CASEY CURRY/INVISION/THE ASSOCIATED PRESS

Yankovic's efforts paid off: Billboard reported that Mandatory Fun debuted at No. 1 — his first — this week with more than 80,000 units sold. That's almost double the amount his last album, Alpocalypse, sold in its debut week in 2011.

In a recent interview, Yankovic discussed the surprise success of his new album — which also features covers of Robin Thicke's Blurred Lines and Lorde's Royals — and the accompanying music video-turned-viral hits.

Can you believe the album's initial success?
This has been an amazing week. I can't even tell you. I have been doing roughly the same thing for many, many years, and this is the best week of my life in terms of, like, the response from people. It's just insane and it's extremely gratifying. It's hard for me to wrap my head around (it).

Unlike other parodies, you've never gone the mean-spirited route.
I'm a fan like everybody else. When I do my parodies it's not meant to mock these people. It's not meant to belittle them or make them look bad. It's an homage. ... I don't think you need to be hurtful to be funny.

Who's next on your parody wish list?
Even if I knew I couldn't tell you. But after I've mastered an album and it's done and in the can I really shut my brain off. I don't think about parodies for a while.

What about Beyoncé? You have yet to cover her music.
She's on the list. I'll get there eventually because then they will say, 'Oh you did a Beyoncé.'

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear Weird Al Yankovic skew Canadian Robin Thicke's Blurred Lines with his grammar-based take called Word Crimes!

→ See the full instructions on Metro's Voices page.

DVD review

Transcendence

Director. Wally Pfister

Stars. Johnny Depp, Morgan Freeman

What Wally Pfister's Transcendence has going for it is evolution rather than revolution: The real and advancing dread that we're slowly losing our humanity as we embrace all things plugged-in and online. The dawn of sentient computers — the "transcendence" of the title — may truly be upon us, and it's not a good feeling. So frets first-time director Pfister, best known as Christopher Nolan's director of photography. He's assembled a good cast, a few strong images and a workmanlike script to craft a cautionary tale that is at once visionary and myopic. Johnny Depp is Dr. Will Caster, a leading researcher in artificial intelligence who is close to making a breakthrough. Morgan Freeman and Paul Bettany also star. An ambush by an antitechnology group sets in motion events that will not only drastically change Caster's existence, but that of everybody on Earth. Transcendence follows such a predictable path, it's almost as if — shudder — it had been made by very thoughtful robots.

PETER HOWELL

Not just a Piper dream

Orange's Larry is the new back story

In a 10,000-word online autobiography, Larry Smith, the inspiration for the character Larry in Orange is the New Black, describes the strange experience of seeing his life with the real-life Piper acted out on screen. "The true story that began for Piper in 1992 and for me six years later when she told me, 'We need to talk,' will always be stranger than fiction."

THE CANADIAN PRESS

Cast your Netflix wide

A nice Little Pony earner of a job

It sounds like a dream job to many: official Netflix binge watcher. Time magazine talks to Greg Harty, who gets paid to watch movies and TV shows on Netflix to help create recommendations for users. "I come from a blue collar family and watched both of my parents bust their humps every day," Harty says. "I'm not going to complain because I have to watch My Little Pony."

THE CANADIAN PRESS

Fifty Shades of Grey. Sons of Anarchy star 'excited' to see film he had to quit

Charlie Hunnam RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

The first trailer for the Fifty Shades of Grey movie will be released this week and the original Christian Grey, Charlie Hunnam, says he can't wait for the finished product.

Speaking Sunday at a Fox event as part of the Television Critics Association press tour, the actor said he still believes in the film although he's no longer a part of it.

"I'm just really excited to see it. I was just really, really invested and wanted to work with (director) Sam (Taylor-Johnson) and play that character. I'm really, really curious."

Hunnam went on to say it's not fair to dismiss author E.L. James' writing as so-called "mommy porn."

"I think people really do that book a disservice when they reduce it to that type of talk," he said. "What (E.L. James) actually created is a really sophisticated dynamic and presented it in a package which was accessible to people who normally would be terrified of that subject ... Actually, what she did was pretty brilliant." THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie ALL PHOTOS: GETTY IMAGES

Jolie and Pitt to reprise lover roles in a romance penned by Jolie

Angelina Jolie's second film as a director, Unbroken, is slated for Oscar season this year, but that's so far away, so let's all talk about her third film as a director instead, even though it doesn't exist yet. Jolie will direct herself in a romantic drama called By the Sea from a script that she wrote. Seems a bit selfish, honestly. And I don't want to suggest that nepotism is in play here or anything, but she cast Brad Pitt as her co-star. It'll be the first time they've acted together since Mr. and Mrs. Smith, and it provides for plenty of jokes about Pitt liking Jolie ordering him around. So we all win.

Adam Levine

This love has taken ... Levine off the market

Adam Levine is off the market. The Maroon 5 singer and Voice judge and model Behati Prinsloo tied the knot in an "informal and lovely" ceremony in Cabo San Lucas over the weekend, according to E! News. In lieu of gifts, the couple reportedly asked their 100 or so guests to make donations to Children's Hospital Los Angeles. The ceremony itself was officiated by Jonah Hill. "Jonah was hysterical. He was telling so many jokes, but then in the middle would be so sweet and sincere," a source says. "He also talked about how sweet Behati is and how perfect they are for one another."

The Word

No peace for Gomez after her plea for Gaza prayers

NED EHRBAR
Metro World News in Hollywood

Selena Gomez learned the hard way that her diehard fans won't necessarily stand by her when she strays into politics and current events. The singer and former Disney star posted an Instagram image reading, "Pray for Gaza," tenderly dipping her toe into the arena of the Isreal-Palestine conflict debate. Easy there, Gomez. The response from her followers was swift, picking fights with Gomez and each other and threatening to unfollow her. In response to the backlash, Gomez posted another Instagram photo — apparently her preferred method of communication — this time of some stock photo of a meditating woman with the caption, "And of course to be clear, I am not picking any sides. I am praying for peace and humanity for all!"

Jessica Simpson

No more babies for this Newlywed

All that she doesn't want is another baby. Newlywed Jessica Simpson posted a slew of Instagram photos from her honeymoon, including a pic cradling the infant son of pal Kathryn Sykora along with the caption, "I love you Jack, but I do not want another!" Simpson, who wed Eric Johnson in a lavish, $1.4 million Santa Barbara ceremony earlier this month, is already a mother to tykes Maxwell, 2, and Ace, 1.

Neil Patrick Harris

Forget casting calls, NPH just tweets for roles

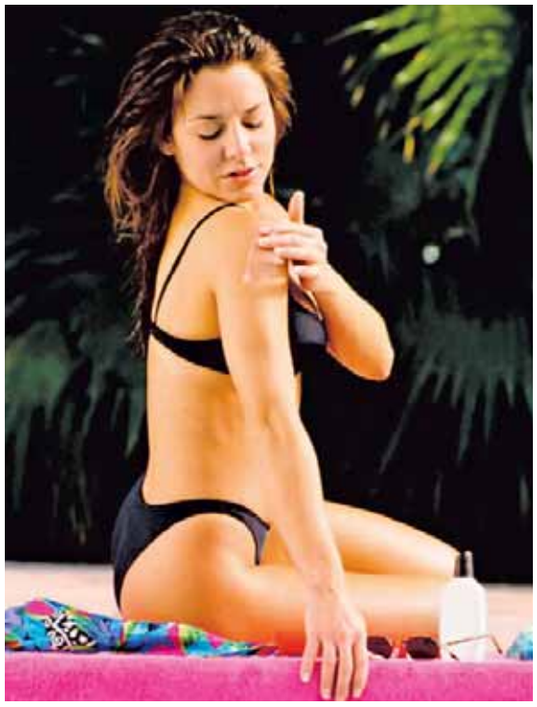
Twitter is quickly replacing all forms of communication, including personal correspondence. Case in point: Neil Patrick Harris says he recently wrote a letter to American Horror Story creator Ryan Murphy expressing his interest in being in the hit series. Murphy's response, though, came not in a letter but via Twitter: "(O)f course you can be on Freak Show! I have a role I think you'd love." Maybe Harris will get back to him via Instagram.

Twitter

@kylieminogue
WOW WOW WOW #WOW!!!

@TomDaley1984
Scary to emergency land in RUS after recent events, yet no word on what problem is after hour surrounded by fire engines #VirginAtlantic

@kathygriffin
I taught Will Smith everything he knows



5 SUMMER HEALTH MYTHS BUSTED

Dr. Christian Jessen, a celebrity health expert in London, lets Metro readers in on what to believe and what to ignore when it comes to all things summer

ROMINA MCGUINNESS, METRO WORLD NEWS IN LONDON

DO A CROSS ON A MOSQUITO BITE WITH THE EDGE OF YOUR NAIL

TRUE

Yes, it can make it less itchy. Saliva is another one — spit on the bite and rub. Otherwise, you just have to try really hard not to touch it. The more you scratch a mosquito bite, the more histamine — which is what causes the swelling and itching — is released.

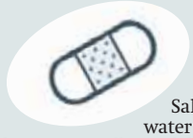
THE DARKER YOUR SKIN, THE LOWER YOUR SPF

FALSE

The darker your skin the more natural melanin protection you have — yes. But whatever the colour of your skin, ultraviolet (UV) radiation is going to damage DNA, and cause premature ageing. Use the highest SPF you can get because by the time you've smeared it on and been for a swim, a factor 50 is more like a factor 30.

DISINFECT SMALL CUTS AND WOUNDS IN THE SEA

TRUE



Salt-water has great antibacterial properties: it's slightly anaesthetic, and antiseptic. That said, there is a lot of crap in the sea, so it depends where you are… But it's so salty that it's normally OK if you're dealing with a minor cut, or need to clean out something like an infected piercing.

SMOTHER YOURSELF IN TOOTHPASTE TO COOL YOUR SKIN AFTER A SUNBURN

FALSE

A sunburn is basically a delayed hypersensitivity reaction involving histamine; your skin has just been made raw and sensitive — do not go and put toothpaste — actually an irritant — on it. Take some antihistamines: this won't help with any underlying sun damage, but it will help calm you down.

BEING IN THE SUN WILL HELP CLEAR YOUR SKIN

FALSE

Sunlight doesn't help with acne, unfortunately. It covers and masks it, but that's only because you're more tanned and can't see the redness of your spots so much. Your skin may feel smoother, but that's probably because you're on holiday, eating better and relaxing; therefore less prone to the sort of breakouts a hectic city life would trigger.

LIFE 3

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This timeline diary lets you track every aspect of your pregnancy while giving you insights on what to expect. It'll keep you organized and connected with others to share experiences.

Sep 17, 2014
10 weeks & 5 days
205 DAYS TO GO
Complete today's log to learn unique insights about your pregnancy. And don't forget to add a picture of your belly!
APPOINTMENTS

Eat your way out of bloating

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Banish the bloat!

Some foods combat inflammation and imbalanced gut flora, which means they soothe and shrink your belly. They also provide balanced nutrition to support general good health. The best part? You won't have to make a trip to a gourmet grocery store to find them.

In the Summer issue of Best Health, we include a long list of foods that help soothe and flatten the belly. Here are two types.

High-fibre and antioxidant-rich vegetables
All veggies are good for you: They are high in vitamins, minerals, phytonutrients, antioxidants and fibre, and they are generally low in calories and low in fat. But some vegetables do contain rapidly fermentable carbs that are difficult for some people to digest. The vegetables listed here are low in these carbs and rich in anti-inflammatory magnesium and other important minerals.

Standouts
Leafy green vegetables such as spinach, and especially kale and Swiss chard are great. Kale contains more than 45 antioxidants, many with anti-inflammatory properties. It is also rich in vitamin C, which not only combats inflammation but, as shown in a study of 20 obese adults, can trim body mass and waist circumference. As for Swiss chard, it contains syringic acid, which has received attention in recent research because of its ability to help stabilize blood sugar. This helps prevent cravings that lead to overeating.

Examples
Arugula, bell peppers, bok choy, cabbage, cucumbers, eggplants, green beans, kale, lettuce, parsnips, spinach, summer squash, sweet potatoes, Swiss chard, tomatoes

Balanced-fructose fruits
Fruit is bursting with anti-oxidants, fibre and other healthful ingredients. That said, some fruits are better for our GI system than others.

Berries are among the food that help to combat inflammation. ISTOCK

(Fruit such as apples, mangoes, pears and watermelon are high in fructose, which for some people can contribute to gas, bloating and diarrhea.) The ones listed at left have a balanced glucose-to-fructose ratio, which may be easier on your digestive tract than those with excess fructose.

Standouts
Bananas and blueberries take the cake. Bananas are packed with filling fibre and are also rich in anti-inflammatory magnesium, as well as vitamin B6 (which helps even out blood sugar). As for blueberries, they are high in fibre, are filling and relieve constipation. They also contain phytonutrients, including anti-inflammatory anthocyanins, tannins and other antioxidants.

Examples
Bananas, blueberries, cantaloupes, cranberries, grapes, honeydew melon, kiwis, lemons, limes, oranges, papayas, pineapples, raspberries, star fruit, strawberries.

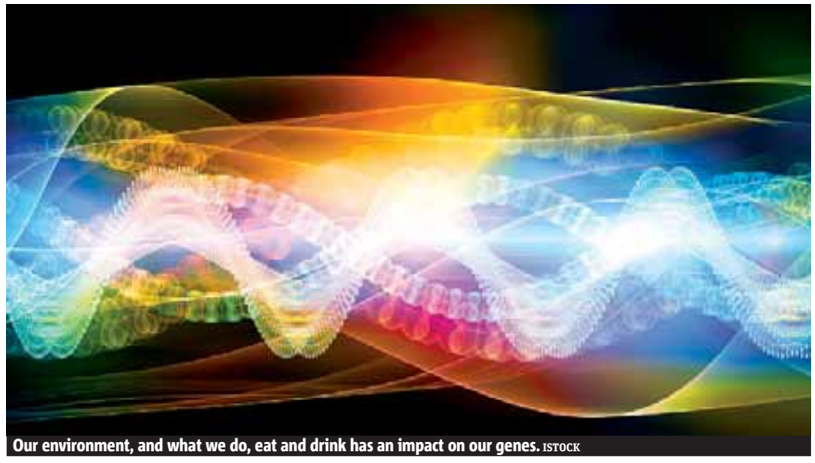
THIS IS ONLY THE START. FOR THE FULL LIST OF FLAT-BELLY FOODS, PICK UP THE LATEST ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA.

Genes change our lives and our lives change our genes

MAX PRINZ
Metro World News in New York

Back in high school biology, in between talks on Punnett squares and dominant traits, your teacher likely implied that your genetic destiny was fixed at birth.

You got some genes from your mom and some from your dad and that's how you came along. But now, new information about genes has shown that they affect your post-womb life


Our environment, and what we do, eat and drink has an impact on our genes. ISTOCK

Inheritance by Dr. Sharon Moalem describes how the study of genetics has changed and what it might mean for the future of humanity. There have been advances since the sequencing of the human genome and an influx of new information has changed the way many scientists think about genetics.

"Now there's the idea that you can change your genetic destiny," says Moalem.

Take identical twins for example. Identical twins with the same DNA can often be radically different.

"What they do with that DNA in their life can be radically different," Moalem says. "Exercise, for example, can trigger genes in your muscles."

Similarly, smoking tobacco triggers certain genes that help in the breakdown of caffeine. This decreases the effects of caffeine on people who smoke, leading to another Starbucks run.

"There's an interplay between our environment and what we do, what we eat, drink, that impacts our genes," Moalem says. "How we play it is up to us."

Furthermore, as genetic screening becomes more common in prenatal care, parents might be able to make decisions about their children's genetic makeup.

"We're now screening for things we were never able to check for before," Moalem says. "So if you don't want to have a child with dyslexia, you can screen for that."

The practice of eugenics — improving a human's genes — might decrease human biological diversity. Screening against certain traits will limit the number of possibilities. "The issue then becomes are we going to start selecting, as a society, against or for certain traits," Moalem says. "We might be heading down the road toward sort of blunting human potential."

One slurp and you'll never go back to the canned variety

Roasted Tomato Soup. Whether you try this dish hot or cold, its richness will satisfy

THERESA ALBERT
myfriendinfood.com

This recipe freezes well and can be pulled into action in a snap for a quick summer meal. All you need is a platter of cheese and some crusty bread.

This soup does just as well hot as it does cold; be brave and add some hot sauce!

This recipe serves four. THERESA ALBERT

Ingredients

- 8 medium plum tomatoes
- 1 tbsp extra virgin olive oil (and extra for frying)
- Pinch salt
- 1 head garlic
- 1 cup grated Parmesan cheese
- 1 onion, chopped
- 1 can refried beans
- 1 tsp dried oregano
- 1-3 cups chicken broth

1. Preheat oven to 425 F. Place tomatoes on sheet pan lined with parchment and drizzle with oil and sprinkle with salt. Break garlic head into quarters and add to sheet. Place in oven and roast about 20 minutes.

2. Divide cheese into 4 piles on separate baking sheet and bake on top shelf until bubbling, 10 minutes. Let cool and crisp up.

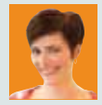
3. Meanwhile, heat a skillet and add a little oil to fry onion. Stir in beans and oregano.

4. When tomatoes start to brown, allow to cool enough to handle then use paper towel to peel and discard thin, papery skin of tomatoes. Squeeze garlic from skins into blender with tomatoes, blend until smooth. Thin to desired thickness with broth.

5. Place 1/4 cup of beans in centre of bowl and pour tomato soup around, adding cheese crisp. THERESA ALBERT IS FOUND AT MYFRIENDINFOOD.COM

Health Solutions

Love tomatoes of all sizes



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Tomato, to-mah-toe.

There is nothing like summer heat to make you blush ruby red. All tomatoes from heirloom and cherry to plum and beefsteak have their rightful place on the plate.

Brimming with vitamin C and lycopene, they are delicious sliced with a sprinkle of sea salt, but they are even better roasted.

When the crop gets too much, put your oven or barbecue to good use by turning this fruit into a sweet, soft spread. The larger and more watery varieties take longer to bake into a soft, pulpy condiment than the cherry varieties but the method is still the same.

Place the tomatoes on a baking sheet, drizzle with extra virgin oil, sprinkle with salt and roast until they are smooth and brown. That's it! Mash the roasted tomatoes with a fork or slip off the skins and leave as is.

They store well in the fridge for up to a week and can be used as an addition to anything your palate desires.

Try them as:

- flavouring base for pizza
- flavouring for soups and seafood chowders
- topping for pasta
- topping on grilled French or Italian bread, with capers, olives or mozzarella, for an appetizer
- sauce, when thinned with broth, with boneless chicken breast or grilled steak
- sauce for skillet-fried potatoes seasoned with rosemary

You can't miss! If you want to bump it up even further, roast with whole garlic cloves and squeeze from the skins into a zestier goo.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You say tomato, I say pasta salad perfection

Many pasta salads start with a great base — perfectly cooked pasta and crisp, fresh vegetables — but fall apart when it comes to the dressing. The perfect pasta salad dressing requires a balance of savoury and tangy with a hint of sweetness.

Start with oil-packed sun-dried tomatoes, which provide a deeply savoury flavour. For tang, puree the tomatoes with a mix of light mayonnaise and plain Greek yogurt. Tie everything together with a tablespoon of brown sugar.

Sun-Dried Tomato Pasta Salad serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 16 ounces dried small pasta (such as elbow or farfalle)
- 1/2 cup oil-packed sun-dried tomatoes, drained
- 1/3 cup white balsamic vinegar
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 tbsp packed light brown sugar
- 1/2 cup light mayonnaise
- 1/2 cup fat-free plain Greek yogurt
- 1 red bell pepper, cored and diced
- 1 fennel bulb, trimmed and diced
- 8 oz fresh mozzarella pearls
- 3 tbsp chopped fresh oregano
- 3 tbsp chopped fresh thyme
- 3 tbsp chopped fresh chives

1. Bring pot of salted water to a boil. Add pasta and cook according to package directions. Drain the pasta and spread on a rimmed baking sheet to cool.

2. While the pasta cooks, prepare the dressing. In a blender, combine the sun-dried tomatoes, vinegar, salt, pepper, brown sugar, mayonnaise and yogurt. Blend until smooth, then set aside.

3. In bowl, combine dressing with the cooled pasta, bell pepper, fennel, mozzarella and herbs. For best flavour, cover and chill for at least 2 hours before serving.

THE ASSOCIATED PRESS

DeLaet looks to bounce back from British Open bust

Weyburn, Sask., native Graham DeLaet shoots out of a bunker during the Canadian Open Pro-Am on Monday in Montreal. The Canadian Open, with a purse of $5.7 million, gets underway Thursday. GRAHAM HUGHES/THE CANADIAN PRESS

Clippers deal

Sterling needs cash to cover debt: CFO

The chief financial officer of Donald Sterling's properties said Monday that the billionaire may be forced to sell a large portion of his real estate empire to cover $500 million in loans if he persists in refusing to sell the Clippers for $2 billion.

Darren Schield, who oversees the finances of The Sterling Family Trust, testified Monday that three banks are ready to recall their loans to Sterling because of his decision to dissolve the trust. His move was designed to rescind his signed agreement for the sale of the Clippers, a team he bought for $12 million.

Schield said if Sterling has to dump $500 million worth of apartment buildings he could destabilize the Los Angeles real estate market. THE ASSOCIATED PRESS

Cochrane to lead push in pool

Commonwealth Games. Olympic medallist preparing mentally for 11-day competition

Ryan Cochrane says spending time in the classroom has helped him better understand what he should be doing in the pool. Applying those lessons in competition has been another matter entirely.

The two-time Olympic medallist recently finished his psychology degree at the University of Victoria, but transferring the knowledge gained from his studies to his swimming hasn't always been easy.

"It's really hard to change internal patterns and what you do on a daily basis," Cochrane said in a recent interview. "What I've learned in psych is to try to be less neurotic and just let things happen and be OK with that process, but that's one of the hardest things."

AUGMENTED REALITY

→ Scan the image with your Metro News app to view a gallery of the Canadian team's welcome ceremony in Glasgow.

→ See the full instructions on Metro's Voices page.

Cochrane, who will lead Canada's swim team at the Commonwealth Games in Glasgow, added that one of the benefits of learning about the human mind has been the ability to take a step back from the high-pressure environment of competition.

"As an athlete you want control over everything," he said. "You're trying to better every single precise detail and we're focusing on that one per cent of things we do wrong, but we're doing a lot of things right.... You just have to see the bigger picture sometimes."

Part of the bigger picture for Cochrane is that at 25, he's entering the twilight of his career.

Now a veteran, Cochrane wants to leave his mark not only on the podium at the Glasgow Games — which open Wednesday and run through Aug. 3 — but also on his young teammates. THE CANADIAN PRESS

Ryan Cochrane competes in the men's 800-metre freestyle at the 2014 Arena Grand Prix of Santa Clara in June in Santa Clara, Calif. EZRA SHAW/GETTY IMAGES FILE

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun moves into the most creative and dynamic area of your chart today, so expect to be busy. No matter. You do your best work at high speed.

♉ Taurus
April 21 - May 21
It may seem as if the whole world is against you but nothing could be further from the truth. It's just the Sun's move into a sensitive area of your chart. Lighten up!

♊ Gemini
May 22 - June 21
The planets indicate it will pay you to stay right where you are. An exceptionally busy phase is about to begin, but you must be calm today.

♋ Cancer
June 22 - July 23
The focus of your life is about to change quite dramatically but that's no bad thing. One thing that is certain to change is your money situation. No more spending sprees!

♌ Leo
July 24 - Aug. 23
The Sun's move into your birth sign today kicks off a new solar year and inspires you to pursue excellence in everything you do. Be amazing.

♍ Virgo
Aug. 24 - Sept. 23
The next few weeks won't always be easy. A lot will depend on your willingness to rise to challenges. Treat life as a game — a game to be won.

♎ Libra
Sept. 24 - Oct. 23
You will get the chance to show what you can do today and you must seize it. If you allow such a golden opportunity to pass you by you may spend the remainder of the year kicking yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Your self-esteem will receive some kind of boost, making it easier for you to deal with important people. While the powers that be want you to succeed, you must want it too.

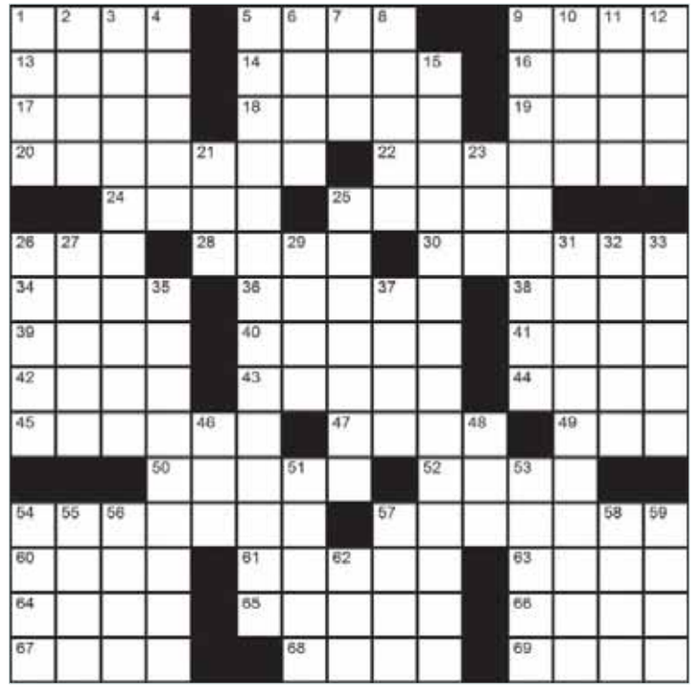
♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's change of signs today will broaden your horizons and make it easier to focus on the good things in life. Ideas that never meant much to you before will become a lot more important.

♑ Capricorn
Dec. 22 - Jan. 20
From today, you will no longer be satisfied with superficial explanations. Dig beneath the surface. Look behind the scenes. The truth is out there.

♒ Aquarius
Jan. 21 - Feb. 19
Find ways to co-operate with people you don't always get along with — your material wellbeing could depend on it.

♓ Pisces
Feb. 20 - March 20
Something is sure to disrupt your routine today. Go with the flow — chances are it will take you somewhere good.

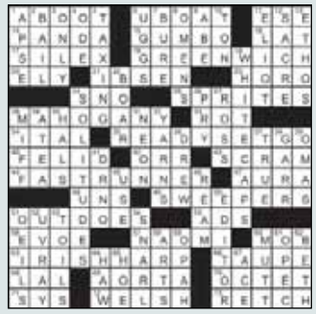
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. German composer, Carl __ (b.1895 - d.1982)
5. "__ __ expert but..."
9. __ biscuits
13. Ring up
14. __ __ in sight
16. Charge card, commonly
17. Old World buffalo
18. "__ __ is human..."
19. Green hue
20. First-string team member
22. "If you wear red tonight..." Beatles song: 3 wds.
24. Rupture
25. Breaks
26. Connector-to-the-Web [abbr.]
28. __ dixit (Unproven claim)
30. Automaker of Japan
34. Table __
36. Khloe K.'s ex
38. Some, in French: Quelques-__
39. Get _ __ deal
40. Mindful
41. Boxing periods [abbr.]
42. Marvin Gaye's "__ _ Get a Witness"
43. Slangy "Certainly!"
44. 1960s French pop music style
45. From that point, archaically
47. Dorm type
49. Mr. Affleck
50. Quilt's one-of-some
52. Prefix to 'biography'
54. "Four Weddings and a __" (1994)
57. CNN's "State of the Union with Candy __"
60. Diva's vocal
61. Belonging to Italy's capital
63. "Able was _ __..." (Palindrome)
64. __ Trucks
65. Icky-sounding plant
66. Blue-green
67. Antlered animals
68. Weight unit in China
69. Tree-like Tolkien creatures

Down
1. Wood sorrels
2. Tirade
3. Landing-on-water craft
4. Canadian fashion magazine
5. "Calling Occupants of __ Craft" by Klaatu
6. Peaty place
7. Bridal bio's 'born'
8. How deli sandwiches are often served: 2 wds.
9. Petitcodiac River village in New Brunswick
10. Exclude
11. Ms. Lovato
12. Cans
15. Pre-premiere performance: 2 wds.
21. __ Chi
23. Beatles bassist before Paul
25. Defeated sports opponent's request!
26. "All I gotta do __ __ naturally...": Country tune bit
27. Comedian Ms. Silverman
29. Vancouver-born actor, Devon __
31. Queen Elizabeth I's mother: 2 wds.
32. Change hair colour again
33. Ex-_._. __. (Hillary Clinton, e.g.)
35. '90s series set in a fictional Pacific Northwest town starring Michael Ontkean: 2 wds.
37. __ iris (Rainbow, in Spanish)
46. Train section
48. Couplet
51. Influence
53. Doubly
54. 1980 movie/song
55. __ Mountains (Range in Russia)
56. Mr. Lachey
57. Ms. Winans of gospel music
58. 'E' in QED
59. Cravings
62. Beastie Boys member

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		6					9
			2				6	8
2	8		4					
	5		1	9		4		7
9		3		5	8		2	
					3		9	1
3	2				7			
6					4		7	

Yesterday's Sudoku

5	2	9	6	4	3	7	1	8
6	3	1	5	7	8	2	4	9
7	8	4	1	2	9	6	5	3
1	7	6	8	9	2	5	3	4
4	5	8	3	6	7	1	9	2
3	9	2	4	1	5	8	6	7
8	4	7	9	5	6	3	2	1
2	1	5	7	3	4	9	8	6
9	6	3	2	8	1	4	7	5

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2011 Hyundai Sonata

$13,720 • 74,881 km • Stk: # 35355

2012 Kia Sorento LX

$14,870 • 107,888 km • Stk: # 35981

2012 Nissan Quest S

$19,860 • 67,005 km • Stk: # 36000 USA

2010 Honda Fit DX

$9,860 • 107,524 km • Stk: # 35696

2012 Toyota Yaris LE

$13,460 • 31,036 km • Stk: # 35998

2010 Toyota Tacoma BASE M5

$13,500 • 117,457 km • Stk: # 35618

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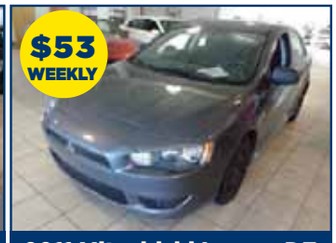

2011 Mitsubishi Lancer DE

$10,760 • 58,672 km • Stk: # 35319-A

2011 Mazda CX-7 SPORT

$15,830 • 61,079 km • Stk: # 35448-A

2009 Dodge Gr Caravan SE

$11,760 • 87,091 km • Stk: # 35987

2014 Chevrolet Tahoe LS

$36,750 • 26,785 km • Stk: # 35881

2010 Ford F-150 XL

$15,320 • 22,083 km • Stk: # 35601

2012 Subaru Outback PREMIUM

$24,860 • 13,846 km • Stk: # 35928 USA

2012 Honda Civic LX

$14,950 • 10,218 km • Stk: # 35953

2014 GMC Yukon XL SLE

$39,740 • 27,222 km • Stk: # 35808

2013 Dodge Dart SXT

$14,960 • 30,985 km • Stk: # 35255

2007 Mazda 6 HATCHBACK

$7,970• 94,900 km • Stk: # 33307-A

2013 Ford Edge LTD

$31,850 • 25,977 km • Stk: # 35572

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